

## SUMMER HOLIDAYS 2011

Final sessions before the holidays are:

Thursday 30.06.11 – Glenogle & Trinity.

**There is no training for the month of July so have a good break but keep active.**

**Training resumes on 1<sup>st</sup> August.**

Mondays 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> August – Glenogle  
Adv. 8 – 9.30  
Inter. 8 – 9.15  
Club 8 – 9.30

Tuesdays 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> August – Glenogle  
Adv. 8 – 9.30  
Inter. 1 8 – 9

Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> August – Glenogle  
Adv. 8 – 9.30  
Inter. 8 – 9.15  
Club 8 – 9.30

Fridays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> August – Leith Victoria  
Adv. 6 – 7.40  
Inter. 6 – 7.40  
Prep. 6 – 7

Sundays 7<sup>th</sup> & 14<sup>th</sup> August – Leith Victoria  
Prep. - 5 – 6  
Inter. 2 - 5 – 6.15  
Inter. 1 - 6.15 – 7.40  
Adv. - 6.15 – 7.40

(Sundays after this will be back to normal times)

**Have a lovely holiday.**

*Fiona*

## LITTLE REMINDER

As we are increasingly using email to communicate within the Club, please look out for messages on a regular basis so you don't miss out on anything.

*Kathy Pitcher*



**Inverleith ASC Newsletter**  
**June 2011**



## 2011 SPONSORED WALK

A somewhat wet and bedraggled bunch of about 80 swimmers and their families assembled at Colinton for the start of the walk. The weather, it's fair to say, wasn't at its best! Nonetheless everyone put a brave face on it and trudged off towards the Water of Leith walkway. Looking on the bright side, those attending Ladies Day at Royal Ascot weren't faring much better - and at least we didn't have to wear funny hats!! ... Well, apart from Grant!!!

As is now traditional, about half the walkers got lost at Katie's Mill, but since the Club had access to some 'high tech' 21<sup>st</sup> Century communications hardware, (Mairi, Mia, and Patrick's mobile phones!), everyone was soon rounded up and set back on the right path. Thanks are due to Gavin Fulton for running ahead about 2 miles towards Craiglochart to make sure we hadn't lost anyone.

One item of interest is that halfway through the walk our newest coach, Chris Bell, expressed concern that the walk wasn't "downhill enough!" However, it was pointed out to him that the river seemed to be managing fine! and after meeting up with more fine souls at Murrayfield we continued on our way.

After about 3 hours most had arrived at the Scout Hut at Trinity and begun to demolish the trays of pies, sausage rolls and a superb selection of home baking. Many thanks to our advance party of Pam, Hannah, and Sheila for sorting out things in the kitchen. Then, while the kids ran about daft outside, the adults finished off the beer.

Limbo dancing followed rounders and football. We have a new champion this year in Hannah Watson, (if we discount a certain small person who can just walk under the bar!), although Mia and Ailsa ran her close.

Thanks to everyone who contributed in any way to help make the day a success, whether it was with home baking, helping dish out the food, or clearing up at the end ... and in particular to David Little for helping plan the route.

*Keith Inglis*

## SWIM SHOP

The Club shop has a small permanent stock of floats, pull buoys, goggles and fins along with suits in our Club yellow and black. Hats are always available too. Old kit such as fins and Club t-shirts can be sold back to the shop for our second-hand resale. We make a small profit on items sold that contributes to our Club funds so please support the Shop. Prompt payment by cheque payable to IASC is appreciated so that we do not have to chase you. Give cheques to Kirsty/ Craig Watkins, Keith Inglis or one of the coaches please.

*Craig and Kirsty Watkins* (443 4252 [craig.watkins@familywatkins.org.uk](mailto:craig.watkins@familywatkins.org.uk))

## HELP NEEDED

***New members*** - Kathy Pitcher on 554 0914

***Social Committee*** - If anyone has any suggestions for fund raising opportunities please speak to either Keith Inglis or David Little. They're always on the look out for new ideas ([keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com)).

## KEEPING IN TOUCH

***Notice Board*** - at Leith Victoria pool

***Web-site*** ..the Club website is at [Swiminverleith.com](http://Swiminverleith.com) (updates to Graeme Pitcher.)

***Club e-mail list*** - We have compiled a Club e-mail list. If anyone hasn't already given us their e-mail address or if you change it please contact Keith Inglis at [keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com) so the list can be kept up to date.

# COMPETITIONS

## HEARTS NOVICE MEET, 29<sup>th</sup> May

This is a meet that we have taken part in for a number of years and it is great for swimmers who have never swum in competition or are very inexperienced at competing.

There were demonstration swims at the beginning of each session from two of Hearts senior swimmers showing good technique on each stroke. There are also no disqualifications for 'technical infringements' but the swimmers are told if they make a mistake and hopefully they learn from this.

We had seven swimmers taking part who all swam well with a total of 15 PB's and several new times. **Mairi Mulvanny** did particularly well and took 11secs off her backcrawl and 12secs off her breast-stroke. **Connor Yates** took 10secs off his fly with a super swim.

**Charles Debeaux** also swam particularly well in all his events doing 4 PB's and winning 3 medals. **Joe Penman** also won a medal in his F/C swim.

Very well done to everyone who took part & special congratulations to **Mairi Mulvanny** and **Angus Skakle** who came training afterwards & did a FLY session!!!

GOLD – Charles Debeaux 50F/C	4 <sup>TH</sup> - Charles Debeaux 50B/C
BRONZE – Charles Debeaux 50Fly	5 <sup>TH</sup> - Joe Penman 50B/C
Charles Debeaux 50BR	6 <sup>TH</sup> - Joe Penman 50BR
Joe Penman 50F/C	Connor Yates 50F/C

*Fiona*

## LOTHIAN INTERMEDIATE LEAGUES 3<sup>rd</sup> ROUND, PRESTONPANS, SATURDAY, 11<sup>th</sup> JUNE

The 3<sup>rd</sup> and last round of this year Leagues saw further improvements from our swimmers. 24 swimmers attended throughout the day - 11 in the morning which was a full complement for the Girls and Boys 10/11 years teams. Excellent!!!! ... but only 13 in the afternoon which was 3 swimmers short of the required number. The 12/13 Girls team was 1 short of and the Boys 12/13 team was 2 down; the 14/0 Boys and Girls both had full teams.

A total of 33 PB's were recorded including 6 at 50 split - 2 at 100 split in individual events and 3 at first 50 split in relays. The morning had **Angus Skakle** swimming his first 200 Free and he did an 8 sec. PB at the 100 split and finished well with a good time. Well done! **Louis Gibson** took 8 secs. off his 50 Back and **Ross Borwick** 6 secs. off his 100 IM. There were a number of 2 / 3 / 4 secs. of other 50 swims.

In the afternoon other improvements of note were made by **Stuart Crawford** who reduced his 200 Free by 25 secs. Good swim! **Scott Kerr** his 200 IM by 9 secs. while **Katrina Denholm** took 9 secs. off her 200 IM and **Tana Reid** 8 secs. off her 100 Back. **Sophie McCorkindale** took 8 secs. off her 100 Back and **Kieran Wilson** swam a PB at 50 and by 8 secs on his 100 Fly. **Catherine Boyd** took another 7 secs. off her 200 Free to give her another Bronze Squad time – only 1 more to go to join Claire Dow.

All in all a good days outing with the swimmers supporting one another throughout. Thanks to EVERY swimmer who attended during the 3 rounds of the Leagues. Thanks also to **Cameron Watson** and **Keith Inglis** for their morning poolside endeavours and to **Alision Kerr** for her assistance in the afternoon. Also to parents who officiated at the events.

... and finally congratulations to the Boys 14/0 (**Calum Watkins/Ross Crawford/Patrick Mulvanny/ Kieran Wilson**) team who finished in 3rd position for a Bronze medal.

*Tom Watson*

## EAST LOTHIAN DISTANCE MEET - MERCAT CENTRE, PRESTONPANS, SATURDAY / SUNDAY 25<sup>th</sup> / 26<sup>th</sup> JUNE

Only 5 Advanced Squad swimmers opted to attend this meet which was very disappointing. The swims were 200's on each stroke as well as 400 Free / IM and 800 / 1500 Free. 9 PB's from 8 swims including 1 at 50 and 1 at 100.

On the Saturday **Stuart Crawford** and **Patrick Mulvanny** attended both morning and afternoon. Stuart took 15 secs off his 200 Back in the morning and 10 secs. off the 200 Free in the afternoon. Patrick managed 4 secs off his 200 Back and also PB'd at 50 and 100. Well done! Patrick then improved his 200 Free by 10 secs. **Kieran Wilson** who had been ill all week swam very well considering and just shaded his 200 Free best time. **Catherine Boyd** swam her first competitive 400 IM and improved her time slightly.

On Sunday morning **Claire Dow** swam the 800 Free improved her time by 28 secs which was excellent having last swam it a few weeks ago in the Internal Cups. In the afternoon Claire just shaded her 200 IM time. The best swim of the 2 days was left to the last swim by **Catherine Boyd** in the 200 Breast. At the 50 turn she was placed 6<sup>th</sup>, at the 100 mark she was 5<sup>th</sup>, at the 150 she had moved up to 3<sup>rd</sup> and finished impressively to come 2<sup>nd</sup> in her heat against older swimmers. Good endeavour and pacing throughout the swim. Claire has added 1 more time (800 Free) and Catherine added 2 more times (400 IM and 200 Breast) to make it 4 each being sufficient to be considered for Bronze Squad selection. Well done to these swimmers. Thanks to Sara Boyd, Malcolm Dow and Grant Denholm for officiating at the meet.

*Tom Watson*